

App. No.: 10/800,608  
Amdt. Dated: April 27, 2006  
Reply to Office action on Jan. 13, 2006

**Amendments to the Specification:**

Please replace paragraph [0006] with the following amended paragraph

[0006] The present disclosure relates to novel nutritional methods and compositions containing essential alfalfa sprouts powder which reduces certain risk factors of cardiovascular disease specifically an individual's C-reactive protein, ~~LDL-cholesterol~~, low-density lipoproteins ("LDL") cholesterol, homocysteines and triglycerides while increasing an individual's ~~HDL-cholesterol~~ high-density lipoproteins ("HDL") cholesterol level.